CNIC –Fleet Readiness

Mission Readiness Branch Program Update

for

Navy Session

at

Athletic Business Conference

November 2006

Las Vegas, NV

Commander, Navy Installations Command…
Supporting Command to the Warfighter

Topics to Address

- Program Refinements
- CNIC Realignments
- Program Terminology
- Program Updates & Focus

Program Refinements

- ***New Focus~~~ <u>Continuous Readiness</u>***
- ***Balance & Continuity***
  - **Policies and Standards**
  - **Operations**
  - **Alignment**
- **Pace of Change – No Steady State**
- **New phase of Fleet Readiness Plan**
  - **Dwell Time – How much time are Sailors home**
  - **Employ ability –vs- Deploy ability**
    - **Big question – When at home – How much time am I home?**

Program Refinements

- **Navy Family = All authorized members of Navy Community**
  - **Family unit**
  - **Youth/Teens**
- **“Readiness” Centers –vs- “Fitness” Center**
  - ***Navy MWR Fitness must adjust and realign to meet new requirements and demands***
  - ***We are “Navy Fitness”*** – not Athletics, not Sports and not Wellness (yet)
- **Partnerships with various Agencies, Organizations and Commands to be more effective and efficient in meeting the needs of our patrons.**

CNIC ORGANIZATION
N9: Fleet and Family Readiness

OPNAV Directorate Guidelines

CNIC Directorate Guidelines

Hybrid Relationships with Deputy Chief of Naval Operations (Manpower and Personnel) (N1) & (Fleet Readiness and Logistics) (N4)

- N1 - Responsible for Policy and Oversight, for Morale, Welfare and Recreation (MWR), Fleet & Family Support Programs (FFSP) and Child/Youth Programs (CYP)
- N4 Responsible Galley policy for Ashore Galley operations)
- CNIC Housing, and Lodging retains Navy Policy
- MWR, FFSP and CDC report program execution to ASN (M&RA) as well as OSD (P&R) for submission to HASA and /SASC

Principal Advisor on all Matters of Civilian / Personal & Family Readiness Program Issues

- Provide Sailors and their families with programs and activities to meet recreational and social needs,
- Child and Youth Programs (CYP) provide developmental child care and youth recreational programs and services for eligible children and youth ages 4 weeks to 18 years of age.
- The Fleet and Family Support Program (FFSP) assists Navy leadership in achieving mission readiness by providing Sailors and their families with a wide range of support services . FFSP focuses on Deployment Support, Crisis Response, Career Support and counseling for individuals, families and commands.
- Navy galleys provide essential feeding services to uniformed military personnel
- Provide Lodging to DOD personnel on TAD or leave status
- Provide Navy Housing for all eligible patrons
- Coordinates with N-Codes for establishing and maintaining NMETL.
- Reports to the COS for matters of business and management execution and strategic planning and for all military/operational matters.

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- The Fleet and Family Support Program (FFSP) assists Navy leadership in achieving mission readiness by providing Sailors and their families with a wide range of support services to include Ombudsman and FRP training. FFSP focuses on Deployment Support, Crisis Response, Career Support and counseling for individuals, families and commands.
- Community Alliance establishes partnerships with community organizations, coordinate school programs, & provides Flagship programs
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Directorate Swim Lanes

- One Stop Shop Indoctrination
- Fleet and Family Support Programs
- Child and Youth Development Programs
- Ashore Galley
- MWR Programs
- Afloat & Deployed Recreation
- Ombudsman
- Adult and Child Education
- Community Alliance
- Family Housing
- Bachelor Housing
- PPV Housing
- NAF Finance
- NAF Personnel
- Strategic Communications
- Professional Accreditation
- NAFCON project

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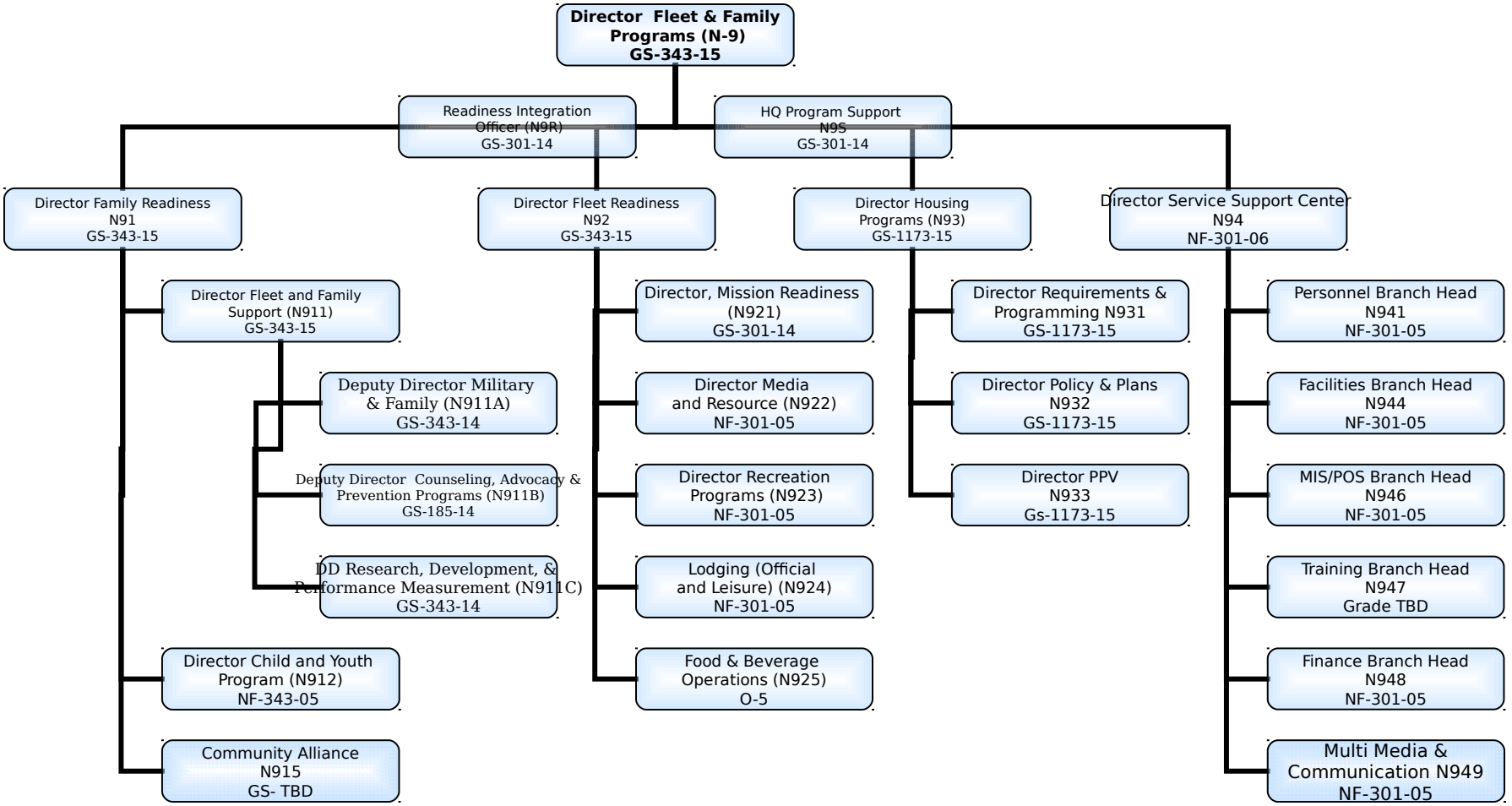
CNIC ORGANIZATION

N9: Fleet and Family Readiness


Director Fleet & Family Programs (N-9) GS-343-15
Readiness Integration Officer (N9R) GS-301-14
HQ Program Support N9S GS-301-14
Director Family Readiness N91 GS-343-15
Director Fleet Readiness N92 GS-343-15
Director Housing Programs (N93) GS-1173-15
Director Service Support Center N94 NF-301-06
Director Fleet and Family Support (N911) GS-343-15
Deputy Director Military & Family (N911A) GS-343-14
Deputy Director Counseling, Advocacy & Prevention Programs (N911B) GS-185-14
DD Research, Development, & Performance Measurement (N911C) GS-343-14
Director Child and Youth Program (N912) NF-343-05
Community Alliance N915 GS- TBD
Director, Mission Readiness (N921) GS-301-14
Director Media and Resource (N922) NF-301-05
Director Recreation Programs (N923) NF-301-05
Lodging (Official and Leisure) (N924) NF-301-05
Food & Beverage Operations (N925) O-5
Director Requirements & Programming N931 GS-1173-15
Director Policy & Plans N932 GS-1173-15
Director PPV N933 Gs-1173-15
Personnel Branch Head N941 NF-301-05
Facilities Branch Head N944 NF-301-05
MIS/POS Branch Head N946 NF-301-05
Training Branch Head N947 Grade TBD
Finance Branch Head N948 NF-301-05
Multi Media & Communication N949 NF-301-05

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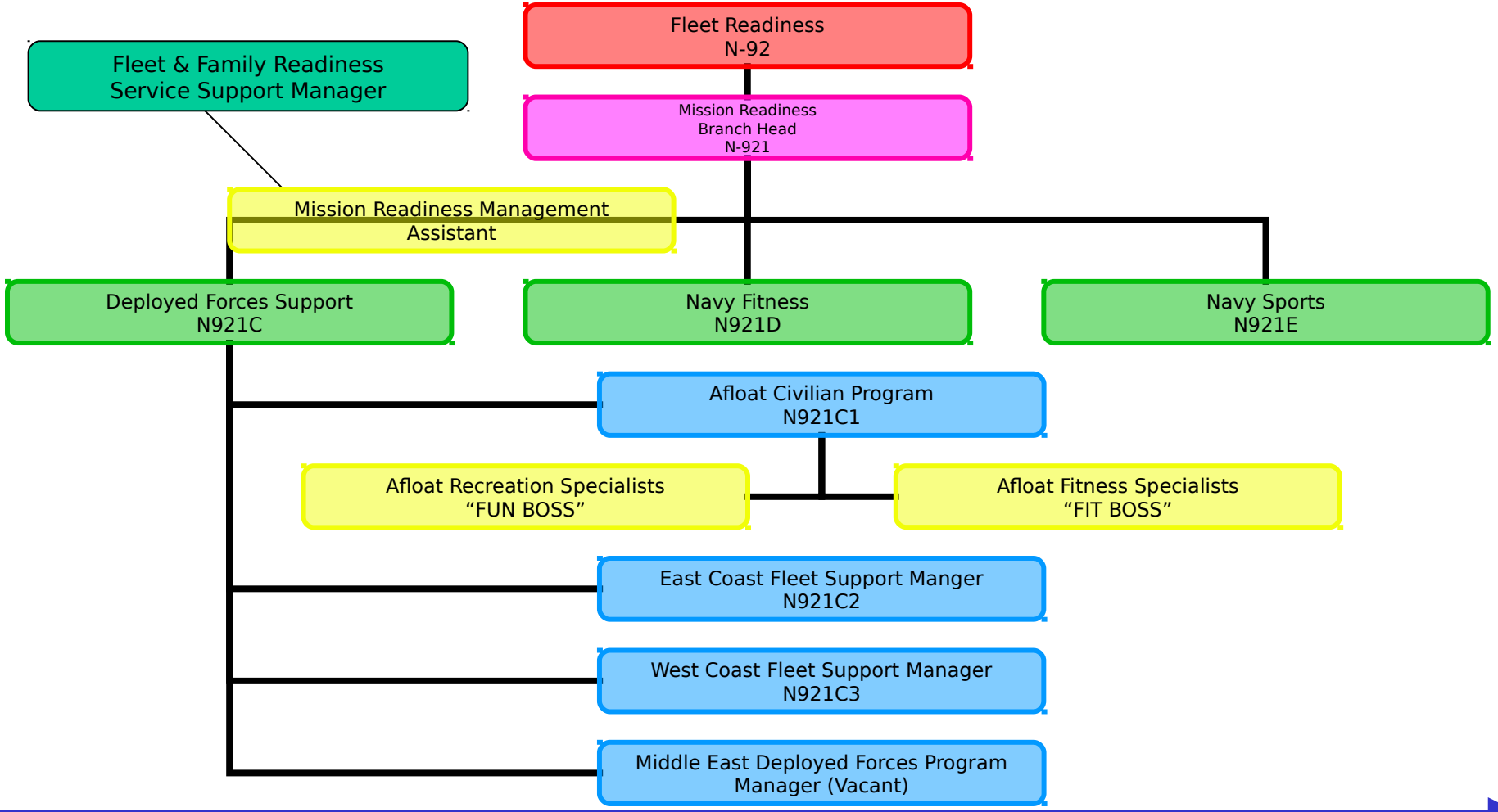
Mission Readiness Branch
Organization Chart



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Mission Readiness Branch

- **Deployed Forces Support**
  - Focus- Fleet and Isolated and Remote Commands
  - Deployed Forces Support Specialists
- **Fitness**
  - Fitness/Recreational Sports/Aquatics
- **Navy Sports**
  - Trial/Training Camps/Armed Forces Sports, CISM, National & International Competition

Program Terminology

The term Wellness has been applied in many ways. Although there might be different views on what wellness encompasses, there appears to be general agreement that:

- Wellness is a conscious, self-directed and evolving process of achieving full potential
- Wellness is a multi-dimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment
- Wellness is positive and affirming

- ***Wellness*** *is an active process through which people become aware of, and make choices towards, a more successful existence.* National Wellness Institute
- ***Wellness*** *means to engage in activities and behaviors that enhance quality of life and maximize personal potential by consistent balancing of physical, emotional, spiritual, intellectual and social health*.
- ***Wellness*** *- Positive health that is more than simply being free from illness.*

Program Terminology

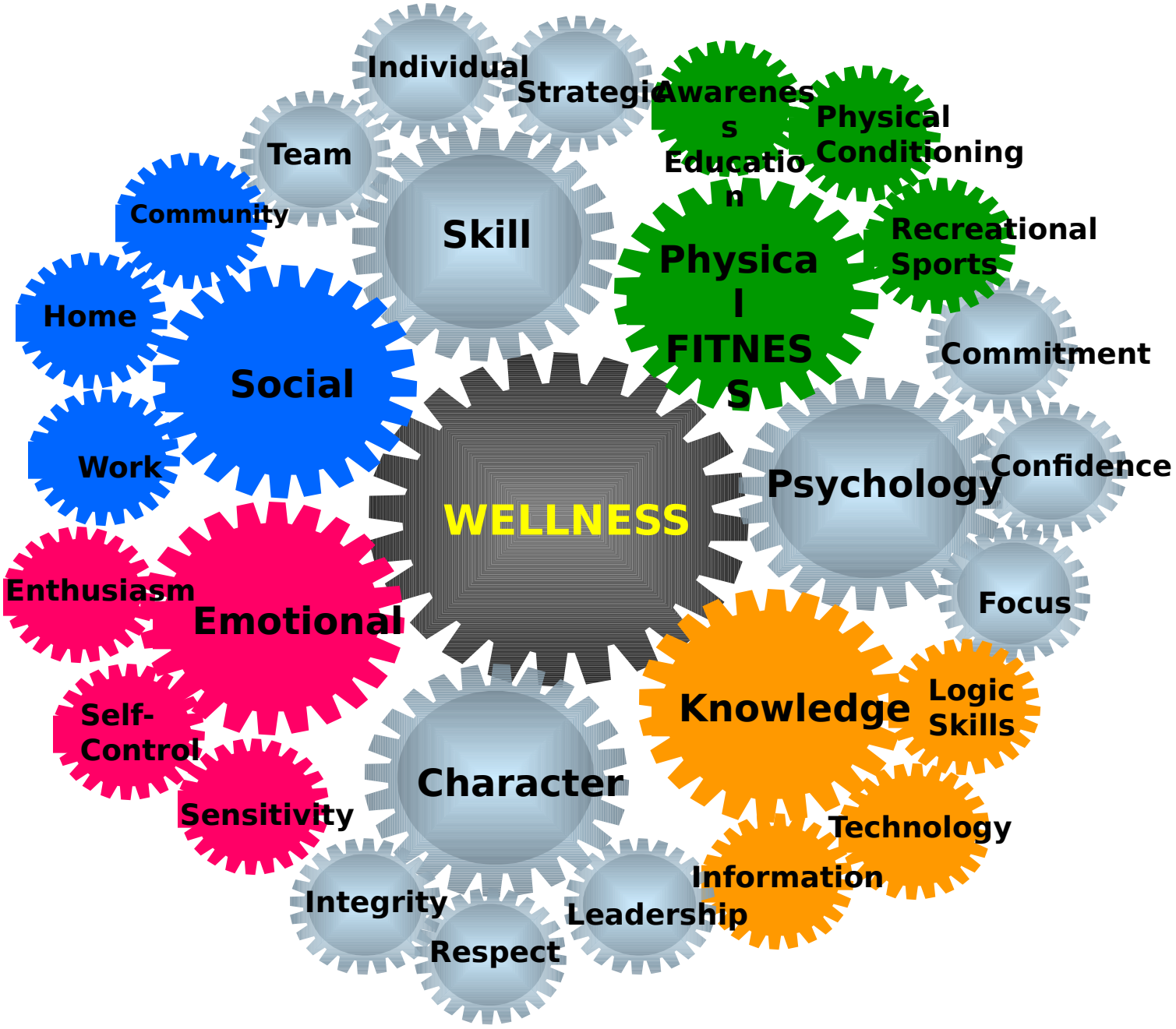
- ***Physical Activity*** – Bodily movements produced by skeletal muscles that require energy expenditure at a level to healthy benefits.
- ***Physical Activity*** – is any bodily movement produced by skeletal muscles that results in an expenditure of energy and includes a broad range of occupational, leisure-time, and routine daily activities. These activities can require either light, moderate, or vigorous effort and they can lead to improved health if they are practiced regularly (USDHHS 1996)

Program Terminology

Fitness refers to ability of the heart, blood vessels, lungs and muscles to carry our daily task and occasional, unexpected bodily challenges with minimum of fatigue and discomfort. (ACSM Fitness Book)

Fitness is a state of physical well-being with attributes that contribute to: (1)Performing daily activities with vigor; (2) having minimal risk of health problems that are related to lack of exercise; and (3) providing a fitness base for participation in a variety of physical activities. (AAHPERD)

An essential element of Fitness is Physical Activity exercise for a body that needs it. Physical Activity may be viewed as a process that contributes to Fitness.


WELLNESS
Skill
Individual
Strategic
Team
Community
Social
Home
Work
Emotional
Enthusiasm
Self-Control
Sensitivity
Character
Integrity
Respect
Leadership
Knowledge
Logic Skills
Technology
Information
Psychology
Focus
Confidence
Commitment
Physical FITNESS
Awareness Education
Physical Conditioning
Recreational Sports

FITNESS
PHYSICAL READINESS
CARDIO ENDURANCE
MUSCULAR STRENGTH AND ENDURANCE
FLEXIBILTY & BALANCE
BODY COMPOSITION
PHYSICAL CONDITIONING ACTIVITIES
LIFETIME
SPECIAL EVENT
SEASONAL ORIENTED
INSTRUCTAL SKILL DEVELOPMENT
FITNESS SWIM
AQUATICS
RECREATION SWIM
CLASSES & LESSONS
AWARENESS & EDUCATION
RECREATIONAL SPORTS
INFORMAL SPORTS
INTRAMURAL SPORTS
EXTRAMURAL SPORTS
CLUB SPORTS

Program Update & Focus

- ***Deployed Support***
  - ***Fleet units***
  - ***Isolated and remote locations***
    - ***Resource requirements for 5th Fleet AOR***
  - ***Waterfront Fitness Specialists (Pilot)***
  - ***Civilian Afloat Specialist (FUN & FIT BOSSES)***
- ***Fitness***
  - ***Support to Physical Readiness Program***
  - ***"Exercise Your Options" - campaign***
  - ***Quick Wins- from Wellness Cross Functional Team***
  - ***Family-Youth-Teen Fitness Initiatives***
  - ***100% compliance with DOD Fitness Standards***
  - ***Partnerships with Executive Learning Office***
- ***Navy Sports***
  - ***Work with Regional and Installation Sports Coordinators to identify Navy Athletes***

NAVY Fitness

Stay Healthy ~ Stay Fit ~ Stay Navy

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FY07 Navy Fitness Initiatives

- **GOAL: Helping People Make Healthy Lifestyle Changes**

- New Campaign Slogan

EXERCISE YOUR OPTIONS

- **New Motto**

Stay Healthy ~ Stay Fit ~ Stay Navy

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MILCON Fitness Listing

FY08
- NAVSTA Guam

FY09
- NAVSTA Pearl Harbor
- GITMO
- NAVSTA Newport
- NAVSTA Mayport

FY10
- NMMC Bethesda
- NSY Portsmouth
- NAVSTA San Diego
- SUBASE New London
- NAS Jacksonville

FY11
- NAVSTA Rota
- NAB Coronado
- NAS Whidbey Island
- NCBC Port Hueneme
- NAS Fallon

FY12
- FCTC Dam Neck
- NAS Point Mugu
- JFSC NSA Norfolk
- NAS PAX
- NAS Corpus Christi
- NAS Kingsville

FY13
- CID Corry Station
- NSWC Panama City
- NSA South Potomac (Indian Head)

Other Fitness MILCON currently listed:
- Sugar Grove – FY13
- NAS Oceana – FY13

NAS North Island and ASW San Diego deleted from current program

As of
21 September 2006

DOD Physical Fitness Standards Past Results

- **2000**
  - **19 out of 74 activities attained standards**
- **2001**
  - **82 Activities reported 136 fitness facilities**
    - **33 Fitness facilities met DOD standards**
- **2002**
  - **91 Activities reported 159 fitness facilities**
    - **59 fitness facilities meet DOD standards**
- **2003**
  - **95 Activities reported 148 fitness facilities**
    - **15 fitness facilities met DOD standards**
- **2004**
  - **89 Activities reported 142 fitness facilities**
    - **11 Fitness Facilities met DOD Standards**

DOD Physical Fitness Standards Results

- **2005**
  - **87 Activities reported 145 fitness facilities**
    - **18 fitness facilities met DOD standards**
- **2006**
  - **76 Activities reported 116 fitness facilities**
    - **51 Fitness Facilities met DOD Standards**

Congratulations to ALL for Navy achieving

97% compliance with DOD core standards

Attaining Department of Defense Physical Fitness Standards

Items that we must focus on and correct for 2007

- 27 Facilities were unsuccessful in meeting Facility Standard #8- one fitness member on the floor..
- 17Facilities failed to achieve Facility Standard #6 – Minimum of two staff members on duty at all times for emergency response
- 15 Facilities did not attain Facility Standard #5 -Staff to customer ratio

New Target = 100% compliance with Department of Defense Physical Fitness Standards by 2008

FY07 Fitness Opportunities

- Providing Physical Readiness Program assistance
  - NAVADMIN 293/06 Elliptical Trainers/Cardio Option
  - Teaching Navy CFL Course (Limited impact in FY07)
  - Conducting Navy Fitness General Fitness Training classes across all Regions-

- Institute a pilot "Waterfront" fitness campaign in Norfolk where Fitness Specialists work directly with ships pier side to offer assistance and provide pier side fitness activities, FEP guidance and fitness instruction when and where possible.

- Institute basic fitness and nutrition certification option for Navy personnel to assist shipmates.

FY07 Fitness Opportunities

- 100% compliance with DOD Fitness Standards in FY07
- Integrating Family Fitness opportunities across the Enterprise
  - Providing space for Family member (especially a deployed spouse) to get a workout.
  - Establish Family Fitness Hours at each MWR fitness facility complete with program
- Partnering with CYP to increase youth/teen fitness possibilities
  - Regional Fitness personnel presenting at CYP Conference in November in Orlando
- Affiliating with Office of Executive Learning to provide total fitness awareness and education to 10 select courses in FY07. Regional cooperation essential for the program to succeed.

FY07 Fitness Opportunities

- Working with Cooper Institute of Aerobic Research to provide Dietary Guidance certification that Navy Fitness personnel can attain.
- Navy-wide Fitness Incentive Award program
- Partnering with BUMED to provide Senior Health Assessment Program Enterprise (SHAPE) at select locations across the enterprise. Initial Target Senior Navy Leaders.
  - Initial Target Senior Navy Leaders
- DOD Task Force on Sports Injury Prevention

FY07 Fitness Opportunities

- Another program element for FY07 would be a 4 hour seminar on proper fitness training for personnel over 50 with Dr Wayne Westscott and Navy Fitness Staff members. Sessions could be offered in the following locations and time frame:
  - NDW January 2007 - Norfolk March 2007
  - San Diego May 2007 - Hawaii July 2007

The Key for us all is to be FLEXIBLE

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New Work Environment?

C nand...

CONCLUSION

- Time is now for action… Let's not spend a great deal of time debating the various aspects … instead let's do something that get folks on your base Exercising their Options and making Healthy Choices that include *regular physical activity* and *healthy diets.*

Stay Healthy – Stay Fit – Stay Navy

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